

## Tips for Healthy Teeth

- ◆ Encourage your child to brush his or her teeth twice each day.
- ◆ Schedule dental checkups twice a year for your child.
- ◆ If you do not have fluoridated drinking water, consult with your dentist about applying fluoride to your child's teeth.
- ◆ Consult with your dentist about having dental sealants placed on your child's permanent molars as soon as they come in.
- ◆ Encourage your child to eat healthy foods and to limit his or her sugary snacks and drinks.
- ◆ Make sure your child wears protective headgear and mouth guards for sports activities.



## Record Your Dentist's Information

- ◆ Keep a record of your dentist's information. Keep his or her name, clinic name and phone number handy.

Dentist's Name:

Clinic Name:

Phone Number:

For more information about dental care for your child, contact:  
Oral Health Program  
Division of Family Health  
North Dakota Department of Health  
600 E. Boulevard Ave., Dept. 301  
Bismarck, N.D. 58505-0200  
701.328.2356 or 800.472.2286  
[www.ndhealth.gov/oralhealth](http://www.ndhealth.gov/oralhealth)



NORTH DAKOTA  
DEPARTMENT of HEALTH

# Dental Care



For Your Child

## Your Child's Teeth Are Important

Regular dental care can keep your child healthy and free from dental pain and toothaches.

Healthy teeth:

- ◆ Help your child chew food.
- ◆ Help your child speak clearly.
- ◆ Add to your child's health.
- ◆ Make a great smile!



## Tips for Your Child's Dental Visit

- ◆ Arrive for the appointment on time, or even a little bit early.
- ◆ If you must cancel, call and let the dentist's office know as soon as possible.
- ◆ Make sure your child brushed his or her teeth before coming to the appointment.
- ◆ Make sure you have someone along to care for your other children in the waiting area if you want to accompany your child into the exam room.



## Helping Your Child Care for His or Her Teeth

- ◆ Children should have their first dental visit by age 1. Continuing a regular checkup schedule prepares your child for a lifetime of dental care and helps him or her be less fearful of visits to the dentist.
- ◆ After age 2, children should use a pea-sized drop of fluoride toothpaste when they brush. Prior to age 2, toothpaste should not be used. Instead, use a soft cloth or gauze pad to clean your child's mouth.
- ◆ Teach children to spit out the toothpaste and to rinse well after brushing.
- ◆ Supervise your child's brushing to make sure he or she is doing a thorough job, and make sure he or she is using only a small amount of toothpaste.
- ◆ Teach children how to use floss and encourage them to floss daily. Supervise until they are comfortable handling the floss by themselves.